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thenewhammag

issue 349 // 9 – 22 September 2016 // Every fortnight

Making music together

Fun at Young Mayor's Summer Festival (p21)

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Newham London

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News

Exams pupils make the grade

More than 3,500 Newham young people have received their GCSE results and the borough's performance has improved again.

Of those who took exams, 63.4 per cent achieved A* to C grades including English and Maths, compared with 60.7 per cent last year. Eight schools – Brampton Manor, Cumberland, Forest Gate, Kingsford Community, Little Ilford, Rokeby, St Angela's and The Royal Docks Community School – did better than last year.

The biggest increases were at Cumberland where the number of pupils obtaining A* to C rose by 15 percentage points, and at Kingsford Community, up by ten percentage points.

This year the government introduced two new measures of pupils' achievements. Progress 8 measures the progress a pupil makes from the end of primary school to the end of secondary school. Attainment 8 measures the achievement of a pupil across eight qualifications including Maths and English.

Newham's overall Progress 8 measure of 0.4 indicates that, on average, pupils achieved almost half a GCSE grade above their counterparts nationally with the same prior level of attainment.

Fifteen schools had Progress 8 scores above the national average of zero. Forest Gate was highest at 0.98. Six schools – Brampton Manor, Chobham Academy, Forest Gate, Lister, Plashet and Sarah Bonnell – achieved scores between 0.53 and 0.98, which means pupils were half a grade to a grade higher than pupils with similar prior attainment.

Newham's overall Attainment 8 score of 51.1 per cent shows the borough performing at 2.7 percentage points above the 2015 national average.

Councillor Quintin Peppiatt, cabinet member for children and young people, and Mayor Sir Robin Wales visited Beckton's Kingsford Community School as pupils received results. Councillor Peppiatt said: "We have more pupils achieving amazing GCSE results compared to last year. Even with the new government measures on progress and attainment, our young people are achieving better results than pupils nationally."

The Mayor said: "Our schools and teaching staff should be commended for their hard work and support. I congratulate all pupils and wish them well, whatever their future plans and ambitions."

Kingsford Community head teacher Joan Deslandes added: "We are so proud of our fantastic results. Our students go on to do well in higher education. They get a good grounding here and a zeal to strive for excellence."

The Mayor and Cllr Peppiatt with Kingsford students

Schools are continuing to improve performance

News

Knowledge of future reaps rewards

Eight residents who attended the Mayor's Newham Show in July and showed their knowledge of physical and economic regeneration in the borough have won vouchers to spend at Westfield in Stratford.

The winners were visitors to the Building Futures marquee in East Ham's Central Park where they gathered information about subjects such as education and training, planning, and the council's debt advice service MoneyWorks and employment service Workplace. They also had to identify future developments displayed on a large map.

Entries were included in a draw and the winners pulled at random. Each won a £50 voucher and the prizes were sponsored by ABP Royal Albert Dock, Countryside, English Cities Fund and developers Linkcity.

Cllr Ken Clark, Cabinet member for building communities, public affairs, regeneration and planning, presented the prizes at East Ham Library. He said: "Everyone who took part displayed a lot of knowledge. Well done to the winners."

Cllr Clark and some of the winners

Councillors and cast at Stratford Library with Mr Kenworth

Red letter day for local hero play

Newham councillors were among audiences who enjoyed a play about working class hero James Keir Hardie that explored the area's heritage and showed the talent of local young people.

Written by local playwright James Kenworth, A Splotch of Red: Keir Hardie in West Ham, was performed free in Newham's libraries and at Canning Town's Community Links in the hall where the first socialist MP held his early election rallies.

The play, supported by Newham Council's community neighbourhood teams, earned rave reviews. Online blog London Theatre 1 called it "an absorbing and passionate play about an absorbing and passionate man".

Playwright James said: "I'm pleased the play went down well with audiences and critics who were bowled over by the very young Newham cast. The show has encouraged young people's engagement with politics and the issues of the day."

Rave reviews for play performed free in libraries

...in brief

Young are bowled over by Essex star

Cllrs Hussain and Patel with the youngsters

Newham councillors Forhad Hussain and Mukesh Patel joined Essex County Cricket star Ashar Zaidi in handing out cricket bats and balls to 100 youngsters who took part in a cricket festival in West Ham Park.

The event, sponsored by property company Lint Group and supported by Newham Council, featured a range of exciting cricketing activities including coaching sessions, mini-games and a kwik cricket competition for under-12s and under-15s.

Essex player Ashar signed autographs and posed for pictures with the young players. Councillor Hussain, cabinet member for crime and anti-social behaviour and deputy for building communities, said: "It was great to see so many young people coming together to celebrate cricket and community. Grassroots cricket in Newham is thriving."

The festival was also supported by Essex County Cricket Board, Capital Kids Cricket and the Club Cricket Academy.

Four fined for blue badge misuse

Four people have been fined for misusing disabled badges when parking in the borough.

Thames Magistrates Court heard how the defendants had been caught by the council's law enforcement officers in March using badges that had been either reported as stolen or cancelled because people they were assigned to had died.

The defendants were fined between £80 and £440 on Thursday 25 August and also ordered to pay the council's costs for investigating the cases.

On the same day, six people were fined for fly tipping and littering and two businesses were fined for street trading without a licence.

Library to close for repairs

Residents are reminded Plaistow Library will close from 19 September while Newham Council repairs and redecorates the building.

The library in North Street is scheduled to reopen in the week of 17 October. The dates of any items due to be returned to the library while it is closed will be extended until 29 October. Alternative arrangements are being made for groups who meet there. For more information visit **www.newham.gov.uk/libraries**

Suspect goods are seized

Newham Council's trading standards officers seized almost 2,000 cigarettes from a supermarket in Green Street, Upton Park, last month.

As well as the cigarettes, more than 2kg of chewing tobacco and 350g of rolling tobacco, which is all suspected of being either fake or duty evaded, were also confiscated.

The owners of the store will now be interviewed by council officers and could face prosecution under the Trade Marks Act for having counterfeit goods.

Green gym for mental fitness

Residents with mild to moderate mental health needs, as well as those at risk of developing mental health problems, can now benefit from a new eco-therapy.

The Greenway's Green Gym is an eco-therapy partnership scheme from Mind and The Conservation Volunteers and will launch in Newham on 15 September. It will run on Thursdays for 13 weeks, at the Greenway Orchard between Prince Regent Lane and Boundary Lane, E13.

For more information email **Kadi.Debbah@mithn.org.uk** or call **07936 026612**.

Grassroots cricket is thriving in Newham

Mayor's view

Warm welcome for new homes

Housing experts will tell you the best way to beat the current housing crisis is to build more homes. It's also a priority for me because you've said a quality housing offer is among the things you want most of all.

One of the promises I made earlier this year as part of the New Deal for Newham was to deliver more homes. Last week I went to see the latest batch.

Red Door Ventures, the housing company we created two years ago to expand the supply of high quality properties for residents to rent, have transformed three former cottages in Nelson Street, East Ham, into six stunning new apartments.

> "We won't give up until every Newham resident gets the stable home they deserve."

The cottages were once home to firefighters when the old county borough of East Ham had its own fire brigade and the main fire station was on the corner of High Street South and Nelson Street.

All of the new homes have been let and tenants move in this month. All have sleek, contemporary kitchens and bathrooms, oak flooring and solid timber front doors in keeping with the heritage of the cottages.

Red Door Ventures goes from strength to strength. The company is directly addressing the lack of high quality homes in the borough as well as earning money for the council, which can be invested in other services. The tenants moving into these homes also get a professionally managed landlord they can trust.

I am proud of what the company has achieved so far and other councils are seeking to emulate our success. More schemes and thousands of homes are in the pipeline and I look forward to seeing the company continue to grow. It is setting a high bar for other landlords to follow.

It will take time to fix the housing crisis but for as long as I am Mayor, we won't give up until every Newham resident gets the stable home they deserve.

Outside the transformed cottages with Red Door Ventures and Cllr Ted Sparrowhawk (second right)

Mayor about town

Local hero we still salute

September 21 will be 100 years since what in 1916 was designated Jack Cornwell Day. This was to mark the huge show of public affection inspired by the16-year-old boy sailor's bravery at the Battle of Jutland.

John 'Travers' Cornwell, nicknamed Jack, stayed at his gun post on HMS Chester in May 1916 despite being severely wounded. He died on 2 June 1916, and subsequently became one of the youngest people to be awarded the Victoria Cross.

I helped unveil an art installation and plaque at the Jack Cornwell Community Centre in Manor Park, which honours our local hero. It is in the shape of his VC medal and is the work of Lesley Soloman, Jackie Beach, Jean Shea, from the Ladies of the Jack Cornwell 100 Project working with our Manor Park Community Neighbourhood Team and artist Emma Barnard.

Jack shouldn't have been in battle at all at his age, but in extraordinary circumstances he showed determination and bravery. It is right we continue to remember him.

With Cllrs Ken Clark, Salim Patel and Farah Nazeer and members of The Ladies of the Jack Cornwell 100 Project

With Cllr Terry Paul and School 21 pupils

Thanks for joining the parade

I was delighted to be able to visit School 21 in Stratford to hand out medals and a plaque to the pupils who won the Best in Show award in this year's Mayor's Newham Carnival.

I thanked those children who worked so hard and the staff who helped them. It was exciting to hear their cheers when I told them they had won this year's Best in Show award.

More than 750 young people from 20 schools across the borough joined the parade around the streets of East Ham in July. Like all the schools that took part, the School 21 pupils spent many hours making their colourful costumes and props which this year were themed around Turning the Pages, a celebration of the power of literature.

I'm proud of them and all the schools who got involved and helped make our annual carnival such a huge success. I hope they will all do so again next July.

The finer points of recycling – explained

Recycle Week is 12-18 September. It is a good time for us all to remember just how easy it is to recycle and why it is important that we do it right.

In Newham our rubbish and recycling is collected separately. All recycling bins in the borough have orange lids and are collected every fortnight. Paper, cardboard, tins, cans and plastic bottles can all be recycled here, but unfortunately we are finding some items that cannot be recycled in these bins.

To help you decide which items can be recycled from those that go into your rubbish bin we have launched an online resource called the **Newham Recycleopedia** which you can find on the Newham Council website.

Recycle it!

Things that you can recycle include:

- ✓ **Paper – newspapers, magazines, junk mail, wrapping paper**
- ✓ **Card – toilet roll tubes, toothpaste boxes, cereal boxes, cardboard packaging and pizza boxes**
- ✓ **plastic bottles (emptied) – milk bottles, drink bottles, bleach bottles, shampoo bottles, shower gel bottles and cleaning product bottles**
- ✓ **Metal – food tins, drink cans, metal biscuit tins**

It is really important that recycling collections are not dirty as it ruins the hard work of those residents who want to protect the environment for future generations.

Bin it!

Make sure these are not put into your recycling:

- ✗ **Nappies and food waste – these must be put in your rubbish bin because they can damage other recycling and may cause everything else we have collected to be thrown away**
- ✗ **Plastic bags and containers – there are lots of different types of plastic and they cannot be mixed together for recycling. We can only collect the types of plastic used to make bottles**

What about glass?

Glass is already recycled from your black bag rubbish. If you put it in your recycling bin it will damage the paper and can also wear down the equipment used to sort your recycling.

Councillor Ian Corbett, mayoral adviser for environment and leisure, said: "Recycling helps to protect the environment by preserving natural resources and saving energy. There are so many items that can be recycled around the home, but many of us simply throw our rubbish straight into the bin. If we all just take a few minutes to think 'can this be recycled' we can make a huge difference to the amount of rubbish that ends up going to waste."

Earlier this year Newham Council launched the Keep Newham Clean campaign. As part of it the council has introduced a team to visit residents to make sure you are aware of the correct way to get rid of your rubbish and how to recycle right.

> "If we all just take a few minutes to think 'can this be recycled' we can make a huge difference to the amount of rubbish that ends up going to waste."

We are doing our bit and collecting your recycling every two weeks, but we are relying on our residents to act responsibly and to recycle as much of your household waste as you can.

Top tip:

A good way to collect more recyclable items is to have separate recycling bins or bags around the home.

If you are still in doubt, check it out! To find out what else can be recycled visit www.newham.gov.uk/recycling and use the new Newham Recycleopedia to find out which bin your items go into.

London Borough of Newham
COMMUNITY NEIGHBOURHOODS

Branch Out

A social group for people with Asperger's and Autism

If you or someone you know has Autism or Asperger's Syndrome come along to socialise, play board games, Nintendo Wii and lots more.

Green Street Library, 337-341 Green Street E13 9AR
Second Thursday of every month from Thursday 15 September (1-3pm)

Plaistow Library, North Street, E13 9HL
Last Thursday of every month from Thursday 27 October (1-3pm)

To book your place or for more information email
Habiba.AliASC@Newham.gov.uk or call **020 3373 0857** or **07812 675 216**.

Newham London

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Warm and Healthy Homes Fund

Free heating improvements for residents at risk of illness due to cold weather.

For more info:
Email: elizabeth.ogunleye@newham.gov.uk
Call: 020 3373 1430

Limited offer, restrictions apply.

NEA Action for Warm Homes

NHS Newham Clinical Commissioning Group

NEWHAM COLLEGE LONDON

"The resources are great and the staff are amazing! I get loads of one-to-one time and the college has amazing links with employers. I'm now going onto a degree in Costume for Performance at London College of Fashion."

Rebekah
London Fashion Foundation Level 3

APPLY NOW

FOR COURSES STARTING THIS SEPTEMBER

FIND OUT MORE
externalenquiries@newham.ac.uk
020 8257 4446
www.newham.ac.uk

UNLEASH YOUR POTENTIAL

East Ham Campus
High Street South, London, E6 6ER

Stratford Campus
Welfare Road, London, E15 4HT

SARAH BONNELL SCHOOL

Is your daughter ready to Aim High?

One of the oldest girls' schools in London, offering excellent educational opportunities for nearly 250 years.
A proud history. An exciting future.

Join us at our Open Evening on Thursday 6 October at 4pm

BE PROUD • AIM HIGH • WORK HARD
BE NICE • NO EXCUSES

Find out more here: **www.sarahbonnellonline.co.uk**
@SBonnellSchool #AimHigh

Repair those DIY disasters

Most of us have had a DIY disaster at some stage if we've tried to get stuck in and do repairs on our own. Out come the tools and decorating table, but we aren't always as skilled as we might have hoped. An event being run for Newham Council tenants might just help.

A free Tenant Repair Day is taking place on **Saturday 24 September** at the council's **Bridge Road depot in Abbey Road, Stratford, from 9am to 1pm**. Staff will be on hand to offer face-to-face, one-to-one advice and support for tenants in carrying out basic household repairs.

The day is intended for council tenants who want to learn to carry out basic repairs in their home and who want to gain some vital skills and much needed confidence.

Some of the repairs covered include:

- **plumbing a washing machine**
- **wallpaper removal**
- **changing a toilet seat**
- **unblocking sinks**
- **mould and damp prevention**

The event is being organised as part of a partnership with timber and builders merchant Travis Perkins who will provide tenants with a free trade discount card to be used at any of their outlets.

> "This is a fantastic opportunity for us to provide you with advice and demonstrations on how to carry out basic repairs in your home."

Councillor Andrew Baikie, mayoral adviser for housing, said: "This is a fantastic opportunity for us to provide you with advice and demonstrations on how to carry out basic repairs in your home. Gaining a council property is a big step for many people but it is only the first half of the equation. The second half has to be about looking after and maintaining your home."

For further information on the Tenant Repair Day visit **www.newham.gov.uk/tenantrepairs**

Children are not permitted on site as liability insurance is not covered.

Travis Perkins Managed Services will also be attending on the day in Abbey Road, Stratford, E15 3LX. For information on Travis Perkins visit www.travisperkins.co.uk

The artists: Otto Schade and Dan Kitchener

ART THAT IS STREETS AHEAD

To some people street art is a form of graffiti commenting on social or political issues. It can make an area look untidy and contribute to a perception of anti-social behaviour. But if done in the right way, it can be a benefit to the whole community.

In Plaistow, a piece of street art, commissioned by Newham Council, is wowing residents and visitors who are travelling to the area just to see it. Called Urban Jungle, it's a freehand spray collaboration between renowned street artists Otto Schade and Dan Kitchener.

The colourful design depicts an endangered tiger formed of twisted ribbons and placed in a busy urban environment. You can find it at the corner of Plaistow Road and Holbrook Road. It was organised by council tenant liaison officer Vik Taak working with councillors and the council's community neighbourhoods team.

Vik spent almost 18 months researching the ownership of the site and then obtained all the necessary permissions to paint the side wall of the shop and post office in Plaistow Road. He said: "I love street art and I've seen people from all over touring in groups of 30 or more to see it. We want people to come to Newham to see it and spend money while they're here. Shopkeepers are happy as long as the art is not offensive.

"Otto and Dan are two of the biggest artists around. They have done wall art all over the world but have never worked together before. It got out on social media when they were doing the painting and people came from all over to see it.

"We wouldn't want to put street art in every nook and cranny so what we do have must be impactful. We don't want any Tom, Dick or Harry spraying what is just graffiti. We have set the benchmark and the feedback has been amazing. It makes you feel proud of the neighbourhood and puts a smile on your face."

As well as transforming the once bare white wall in Plaistow Road, Vik has also worked with the artist known as Mr Cenz on painting the side wall of a shop in Prince Regent Lane at the junction with Woodside Road, Plaistow. Two others are in the pipeline.

Vik worked with local businesses and contractors to sponsor some of the materials and now hopes to work with local schools to persuade young people that they shouldn't be spraying just anywhere. He is also looking for more businesses to get involved as sponsors.

Councillor Ken Clark, cabinet member for building communities, public affairs and regeneration and planning, supports the project. He said: "We are happy to work with people who want to create public art which benefits the whole community. However, we will not tolerate people defacing buildings and calling it art."

From left: Dan Kitchener, business sponsor Kevin Bellamy, Otto Schade, and Cllrs Julianne Marriott, Seyi Akiwowo and Ken Clark

"It makes you feel proud of the neighbourhood and puts a smile on your face."

Woodside Road

For more information email vik.taak@newham.gov.uk or visit newhamstreetart on Instagram

Newham London

Independent member needed for Audit Board

Do you live or work in Newham?

Do you want to extend your skills and abilities?

Could you challenge and contribute to the council's control framework?

Do you have knowledge of governance, risk management, internal controls, public sector, accounts, regulation and compliance?

If you can answer yes to these questions you may just be the person we are looking for.

The Council's Audit Board is looking for an independent member who can challenge and direct the council's control framework. The independent member would serve for a period of four years with an approximate start date of November 2016.

You would be required to attend evening meetings up to eight times a year; each meeting usually lasts about two hours. While it is a volunteering position you will be able to claim travelling and subsistence allowance.

If you are accepted, a full induction and training will be provided.

As a member of the Audit Board you would be expected to:

- Encourage and promote good governance within the council particularly in relation to internal control
- Challenge the council's internal control framework to ensure that it is fit for purpose
- Ensure that the work of internal and external audit are complimentary so that resources are used effectively
- Review the council's accounts and follow up any control issues raised concerning them
- Ensure that there is effective and adequate internal audit, counter fraud and risk management provision
- Provide independent assurance that recommendations made by internal and external audit are acted upon

How to apply

To apply send your CV with a supporting statement demonstrating your knowledge and how you can contribute to the key accountabilities in accordance with the requirements to:

Joy George
Committee and Partnerships
Legal and Governance
Newham Dockside
1000 Dockside Road
London E16 2QU

If you've got any questions about the role, you can also call Joy on 020 3373 1256 or email joy.george@newham.gov.uk

The deadline for applications is Friday 23 September 2016

Summer art bears fruit

A summer of arts activity that encompassed the creation of a ship, a tower-block sculpture and residents foraging for food will culminate with a festival reflecting weeks of artistic endeavours.

If you go along to the North Woolwich Art Festival in Pier Parade, be ready to create your own pizzas and cycle the ice-cream maker while watching and listening to the talents of a neighbourhood that is an extraordinary place to explore. You can also look forward to a community feast where you can sample some of the produce that local residents have gathered.

The festival, which takes place from 2pm to 8pm on Saturday 17 September, is the culmination of a summer programme of arts and activity called Tidal Twirlings in North Woolwich. Artists, funded by Newham Council, have worked with people living and working in the area to create wonderful and unexpected new works in public spaces.

Artists, funded by Newham Council, have worked with people living and working in the area to create wonderful and unexpected new works in public spaces

A comic, a singing group, a dance duet, a tower-block sculpture, a ship, a roving thingamajig of flags, and a model North Woolwich pier will all also be revealed at the festival. For the grand finale the model pier will become a community stage where North Woolwich residents will perform spoken word, song, dance, and music.

Tidal Twirlings aims to focus on the unique landscape of Mud Island (as North Woolwich is known locally) and its strong community to explore how the sense of place can be re-envisioned by locals and visitors through dance, song, and sculpture.

Visit **www.tidaltwirlings.infor** for details.

SUMMER SCHOOL WAS TOP CLASS

Bollywood dancing, horse riding and creating an online magazine were just some of the free, fun, educational activities young people enjoyed as part of Newham Council's Summer School programme.

More than 1,500 children, teenagers and young adults signed up for the three-week summer programme during August. The programme, one of the largest funded in England, has just celebrated its 20th year and offered a vast range of courses, with many focusing on vocational subjects not covered at school.

Mayor Sir Robin Wales said: "The Summer School was a fun way for our young people to carry on with their learning over the holiday break. There was something for everyone. Newham remains one of the best places when it comes to opportunities to get out and about, get active, make friends and have fun."

"Newham remains one of the best places when it comes to opportunities to get out and about, get active, make friends and have fun."

The activities took place at venues throughout the borough and gave participants the chance to improve their confidence while increasing their interest in learning. It wasn't all about work though as the programme offered many a chance to develop positive relationships.

The number of students who signed up for courses this year brought the total of those who have benefited over the past 20 years to more than 30,000. During that time there have been more than 2,000 courses delivered by more than 40 providers in the borough.

For those looking to get creative, courses included ballet, writing, music, film-making, movie special effects and stunts, Bollywood dance, acting, comic drawing, circus skills, fashion, and a junior apprentice programme where youngsters marketed their own products.

Those with an interest in going digital created an online magazine or wrote blogs about the 50th anniversary of England winning the 1966 World Cup. They also designed apps or created computer games from scratch. If you wanted to be active, you could try horse riding, zip-wiring, cycling, DIY, karting, or fitness activities. Those brushing up their skills enjoyed learning languages, numeracy and literacy, car mechanics, cake-decorating, chess or making chocolate. Many of the courses were also vocationally linked to inspire young people about future careers.

Anna Chapman, Newham Council's extended learning services manager, said: "Everyone who took part gained skills and experience which is making them more school-ready and able to apply themselves in any other learning environment. For many the courses have been life-changing moments where they developed confidence and skills they never knew they possessed or had their eyes opened to other possibilities."

The 2016 Newham Summer School:

- **offered young people additional learning opportunities that complemented the schools' National Curriculum, but also linked to vocational experiences**
- **offered courses for youngsters aged eight to 18 to raise achievement levels**
- **raised levels of confidence and communication while inspiring children to reach their potential and aspire to exciting careers**
- **established a partnership with schools, the voluntary sector and colleges.**

For information about school holiday programmes and extra curricular activities visit **www.newham.gov.uk/summerschool**

Newham London

YOUNG MAYOR 2016

Nominations close:
19 September 2016

Voting day:
18 October 2016

www.newham.gov.uk/youngmayor

ym_newham

Young MAYOR OF NEWHAM

Have your say on Adult Social Care in Newham

If you are a customer of care or health services in Newham, or if you care for someone who is, then we would like to hear from you.

We are hosting a workshop for customers and carers – please come along and get involved:

Thursday 29 September, 11-2pm
Community Resource Centre,
200 Chargeable Lane,
London E13 8DW

Wednesday 14 December, 11-2pm
Jack Cornwall Community Centre,
Manor Park E12 5NN

Light refreshments will be provided.

If you would like to book a place or for further information please email Abdul.Malik2@newham.gov.uk or call 020 3373 7622.

Newham London

North Woolwich Art

FESTIVAL

Saturday 17 September 2-8PM

music, food and art,

all free

Tidal Twirlings is a summer of art in North Woolwich. This public project is supported by Newham Council and Arts Council England. For more information see www.tidaltwirlings.info @tidaltwirlings

Newham London

BECKTON & ROYAL DOCKS

LOTTERY FUNDED

Supported using public funding by ARTS COUNCIL ENGLAND

Yellow Box Junctions:
Smile – You're On Camera!

Newham Council is determined to ensure that visiting, staying and travelling through the borough is as safe, comfortable and convenient as it can be.

To help us achieve this goal we are spending a record £100 million on improving roads, footpaths and street lighting over the next ten years.

As part of our commitment to Keep Newham Moving and reduce traffic congestion we are toughening enforcement of yellow box junctions. From this month we're introducing a rolling programme linking the junctions to state-of-the-art video–evidence cameras. The evidence from them will be reviewed by fully trained officers, and if appropriate, a Penalty Charge Notice issued by post. This charge is £130 reduced to £65 if paid in 14 days.

Yellow box junctions are indicated by criss-crossed yellow lines painted on the road.

Councillor Forhad Hussain, cabinet member for crime and anti-social behaviour, said: "We want all our residents to be able to get round the borough easily. Blocking yellow box junctions can be a hazard for motorists, cyclists and pedestrians and obstructs emergency services, that is why we are introducing new systems to catch and deter drivers from breaking the rules."

> "Blocking yellow box junctions can be a hazard for motorists, cyclists and pedestrians and obstructs emergency services"

How to use a yellow box junction:

You may enter a yellow box junction when your exit is clear and there is space on the other side of the junction for your vehicle to clear the box fully without stopping.

You can stop in a yellow box junction when turning right IF you are prevented from turning by oncoming traffic, or by other vehicles waiting to turn right.

Don't simply follow the vehicle in front as it may stop and prevent your exit.

Don't let other drivers pressure you to enter the box when a clear exit is not available.

KEEPING NEWHAM MOVING

Newham London

The council is investing £100m in roads and lighting over the next 10 years

- → Tell us how we can make your roads better
- → Help design new residential parking zones
- → Use yellow box junctions safely and correctly

→ **www.newham.gov.uk/moving**

New Deal For Newham

FREE

TENANT REPAIR DAY

Saturday 24 September 9am to 1pm
Bridge Road Depot, Abbey Road, E15 3LX

Newham London

If you are a council tenant in Newham join us for our first ever Repair Day.

Find out how to carry out basic repairs in your home.

Visit our workstations on:
- Plumbing a washing machine
- Wallpaper removal
- Changing a toilet seat
- Unblocking sinks
- Mould and damp prevention

Free refreshments will be provided.

Don't forget to pick up a **FREE** trade discount card for your nearest Travis Perkins store.

For further information visit
www.newham.gov.uk/tenantrepairs

Children are not permitted on site as liability insurance is not covered

in partnership with Travis Perkins Managed Services

Young Mayor Alex, right

FESTIVAL TIME WITH THE YOUNG MAYOR

When she was elected Newham's Young Mayor Alex Jarrett promised to deliver a summer event for the borough's youth. The result was the first Newham Young Mayor Summer Festival, which gave them the chance to showcase their talents and, at the same time, connect to Queen Elizabeth Olympic Park.

More than 150 youngsters enjoyed the festival, which was held at the Timber Lodge in Queen Elizabeth Olympic Park. They took part in a range of free activities including self-defence, street dance, acting, arts & crafts, table tennis, acrobats and resistance sliding. Young people also hosted their own musical show with support from Newham's Every Child a Musician programme.

The event saw younger siblings and parents take part in some of the activities so they didn't miss out on the fun! Fight for Peace, East London Dance, Theatre Royal Stratford East, Stratford Circus and WRS Sliding helped run a range of fun activities.

Young people from Newham Youth Council, London Youth Voice, activeNewham and Challenge Newham also volunteered on the day, helping the event to run smoothly and successfully.

Entertainment was provided by DJ Why who played the latest music and created a real festival atmosphere throughout the day, while live band Turn Up Broadcasting, closed the event with their fantastic vocals and lively performances.

Young Mayor Alex said: "It was an amazing day. It has been great seeing it all come together from start to finish while working with the Youth Councillors and London Youth Voice. It was fantastic to see so many young people from all over Newham come together. I wanted to show them the benefits of having the Olympic Park and that it should be seen as our community's legacy."

For information about the Young Mayor and Youth Council visit www.newham.gov.uk/youngmayor

OUR NEWHAM

BASKETBALL TEAM'S GLAD NEW RAGS

Young basketball players at St Bonaventure's School will be looking the part thanks to new kit bought with cash from the Jack Petchey awards received by two students.

The new kit will be a boost for the team at the Forest Gate school as it recently became the quadruple National Schools England Basketball champions.

Christian Thompson, Year 8 student, models the new kit

Aaron Senior, basketball coach and Head of Year 8, said: "The new shirts look great and having their own shirts will bring the team together and make them feel more professional. They are at the top of their game anyway but I know this will make them look and feel special and ready to face their opponents. The students can't wait for the new season to start to wear them."

Franklin Agu, 14, was given the March Jack Petchey Award and Tomas Augustauskas, 13, received the April award for their outstanding team spirit, effort and determination throughout the whole season.

STUDENTS GET CREATIVE AT SUMMER FILM COURSE

Twelve sixth-form students enjoyed a trip to TV's Channel 4 studios as part of a free week-long intensive film course at Stratford Picturehouse cinema. It was supported by Picturehouse Cinemas and Film4.

The students came from Brampton Manor Academy and Newham Collegiate Sixth Form Centre, both East Ham, Newham Sixth Form College, Plaistow, and St Angela's and St Bonaventure's Sixth Form, Forest Gate.

At Channel 4 they watched screenings and quizzed executives on the programme Submarine, about a teenage pupil's attempts to navigate the trials of school, home and love, as well as Fresh Meat, about six university students struggling to cope with new surroundings.

They also enjoyed an open air film at Somerset House arts and cultural centre overlooking the River Thames. They watched various short films at Stratford Picturehouse followed by workshops. The course is likely to be repeated next year.

The students at Channel 4

GOING FOR A BAT WALK IN THE PARK

A group of more than 60 people of all ages took part in an evening walk in West Ham Park to identify some of its more unusual residents – bats.

The hour-long walk was organised by staff and the Friends of West Ham Park in Upton Lane, Forest Gate.

It was led by amateur bat expert Lyndsay Jones, a member of the Friends of West Ham Park, who gave a short presentation to the assembled group and answered questions from children and adults throughout the evening.

Although staff at the park are unsure about how many bats call it home, they are an endangered species due to the loss of their habitat. The park provides an important habitat similar to woodland edges that bats like best.

The next bat walk will be held at the park on 30 September between 7pm and 8pm. To find out more visit **www.cityoflondon.gov.uk/openspaces**

Walkers listen to Lyndsay Jones

Scouts worked with volunteers

Scouts lend hand at nature reserve

Around 50 young people spent their evening getting closer to nature when they took part in a clean up at East Ham Nature Reserve.

Cubs, Scouts and Explorers from the 25th Newham East Scout Group joined volunteers from the Green Gym to help with maintenance at the nature reserve in Norman Road, East Ham.

They helped with ground maintenance, cutting back shrubs, removing stinging nettles and tidying the area while learning more about environmental conservation from the volunteers who manage the nature reserve with support from activeNewham.

The nature reserve is home to lots of different animals including birds, insects and lizards and includes trees that are more than 100 years old.

Antony Allen, group scout leader, said: “Scouting empowers every young person with the skills to make a positive impact within their community, creating opportunities for them to experience everyday adventure, while developing an awareness and understanding of the environment around them.”

For more information about the scouts, visit **www.25thNewhamEast.co.uk**

Young win first place with bottle design

Students from a Forest Gate school have won first place in a competition to find solutions that benefit the planet.

The students, who collectively comprise the team Vitaliite, from Quwwat Ul Islam Girls School wanted to combat poor drinking water conditions in less economically developed countries while tackling the high rate of road accidents involving cyclists in the UK.

They designed a water bottle with LED lights to alert motorists of cyclists and joggers with a percentage of the profits going to the Pump Aid charity.

Judges praised the team’s idea for being well developed and said the product was ready to take to market with 500 pre-orders made. They also commented on the professionalism of their website and social media.

The competition was run by Solutions for the Planet, a company that specialises in connecting businesses with schools in their communities to solve social, economic or environmental challenges.

The Vitaliite team with one of their mentors, Victoria Richardson-Burton, Kevin Schofield from Solutions for the Planet and Emma Reynolds MP

Kids' Corner

PLEASE SEND YOUR DRAWINGS, JOKES AND POEMS TO:
KIDS' CORNER, WEST WING
4TH FLOOR, NEWHAM DOCKSIDE
1000 DOCKSIDE ROAD, LONDON E16 2QU
OR EMAIL THEM TO
newham.mag@newham.gov.uk

Don't forget to write your name, age, address and daytime contact telephone number on the back of your entry

GALLERY

Krithya Bharanidharan, 8

Bansi Kunwardia, 8

Ahad Zahid, 8

Emilia Lapinskaite, 8

Tickets to Stratford Picturehouse

This issue's winner receives a free family ticket at Stratford Picturehouse, which includes a kid's popcorn and drink.

To be in with a chance of winning this prize send your pictures, jokes and poems to **Kids' Corner, West Wing, Fourth Floor, Newham Dockside, 1000 Dockside Road, London E16 2QU**. Don't forget to write your full name, age, address and daytime contact telephone number on the back of your entry. **Good luck!** Visit www.picturehouses.co.uk to see what's on.

Stratford Picturehouse, Theatre Square, E15

Jokes

What snake is a good at maths?
An adder.

What do you call a sleeping dinosaur?
A Dino-snore.

Have you heard the joke about the bin?
Don't worry, it's rubbish.

What do you call a polar bear in the jungle?
Lost.

Why do bees have sticky hair?
Because they use honeycombs.

Q Where did the one hand man go?
A To the second hand shop.

What do you give birds when they are ill?
Tweatment.

Did you hear about the thief who stole a calendar?
He got 12 months.

Colour-me-in Wordfit

3 letters

AGO
EGO
EMU
GUM
RAT
VOW

4 letters

ACHE
ACNE
BOLT
BEST
EDEN
FATE
IDEA
ONCE
OPEN
SCAN
TEND
VERA
WITH
ZERO

G	O	L	F	■					■	
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WHAT'S ON?

Download our What's On app at www.newham.gov.uk/neighbourhoodevents

OUR THRILLING THREE...

1. **Lego Club** – Create Lego models based on weekly themes. For children, aged 5-15 yrs. Saturdays, from 3pm until 4pm, The Gate, Woodgrange Road, Forest Gate.

2. **Henna Party** – Free henna and face painting for children and families. Sunday 11 September from 2pm until 4pm at Stratford Library, The Grove, Stratford.

3. **Table Tennis Mondays** – Come along, meet new people and try your hand at table tennis. Mondays from 4pm until 7.30pm for children or 11am until 4pm for adults at The Gate, Woodgrange Road, Forest Gate.

BIG FRIENDLY READ CELEBRATION PARTY

Come and celebrate the end of Newham Council's summer reading challenge with a fun afternoon of dancing, arts and crafts. Sunday 18 September, from 1pm until 4pm. For children up to 12yrs. Stratford Library, The Grove, Stratford.

TRY SOMETHING NEW... MEN'S HEALTH AWARENESS

Free event focusing on keeping healthy body and mind with fitness sessions, information and much more. Contact East Ham Library for details. Thursday 15 September, 11am-3pm, St Bartholomew's Church & Centre, 292b Barking Road, East Ham.

Indicates free sessions

Libraries unless stated. Some sessions may change because of school holidays.

UNDER-FIVES

Toy Library
Introducing toddlers to borrowing toys. Thurs, 11-12pm, Beckton

Storytelling
Mon, 11-11.45am, Tues, 10.30-11.30am, Beckton; Tues, 10.30-11.30am, Thurs, 2-3pm, Plaistow; Sat, 11.30am-12pm, Green St; Tues, 10.45-11.30am, Canning Town; Tues, 10.30-11.30am; Thurs, 10-10.30am, East Ham; Tues, 11am-12pm, Fri, 11am-12pm, Stratford; Fri, 10.30-11.30am, Manor Park; Mon, 10.30-11.15am, Custom House; Tues, 10.30-11.30am, The Gate; Tues, 13 Sept, 10.30-11.30am, Thurs, 15 Sept, 2-3pm, Plaistow; Tues, 10.30-11.30am, Thurs, 2-3pm, Jeyes C.C.

Stay and Play
Support for parents and carers to develop their child through play. Tues, 9.30-11.30am, Jeyes C.C; Thurs, 1.30-3.30pm, Jack Cornwell C.C; Weds, 10am-12pm, Sat, 11am-1pm, Stratford

Jiggaree Session
Fri, 10-11am, Plaistow; Fri 16 Sept, 10-11am, Jeyes C.C.

Reading Together
Thurs, 2.30-3pm, Custom House

Rhyme Time
Mon, 2.45-3.30pm; Tues, 10.30–11.15am, North Woolwich; Thurs, 10-10.30am, East Ham

Bumps and Babies
Fri, 1.30-3.30pm, The Gate; Mon, 1-3pm, Beckton Globe

Early Talk
Singing with your child to support early communication and brain development. Tues13 Sept, 9.30-11.30am, Plaistow; from Tues 20 Sept, 9.30-

11.30am, London Rd, E13

Active Tots
Games and activities. Thurs, 1-2pm, Stratford

Baby Club
For parents and carers of babies under 18 months. Mon, 9.30-11.30am, Stratford

Story Time
Fun activities linked to popular children's stories. Tues, 10.30-11.30am, East Ham

Baby Bonding
Techniques to bond with your baby. Weds, 1-2pm, Stratford

Baby Massage
Five-week course. Register at Rebecca Cheetham Children's Centre on 020 8534 3136. Weds, 1-2pm, Stratford

YOUNG PEOPLE

Games Club (7-16yrs)
Sony PS3, XBox360, Nintendo Wii, board games and more. Thurs 15 Sept, 4-6pm, Plaistow; Tues, 3.30-5.30pm, Custom House; Weds, 3.30-5pm, The Gate; Thurs, 4-6pm, Canning Town; Mon-Fri, 3.30-5.30pm, Green St; Thurs 22 Sept, 4-6pm, Jeyes C.C.

Young Readers Club (7-12yrs)
Read and discuss your favourite books. Tues, 4-5.15pm, North Woolwich

East Ham Youth Zone
Sony PS4, DJ decks and other activities. Tues, 4-7pm, East Ham

Froud Young Project (7-16yrs) Mon, 3.30-5.30pm, Jack Cornwell C.C

Arts and Craft Workshop (6-12yrs) Mon, 4.45-5.45pm, Beckton; Sat 2-3pm, Canning Town; Sat, 2.3pm, Custom House; Sat, 1-2pm, Green St; Thurs, 6-7.30pm, Manor Park; Sat, 2-3pm, North Woolwich

Just Dance! (up to 12yrs)
Sat, 5.30-6.30pm, Green St

Family Fun Night
Arts, crafts, games and quizzes. Weds, 5.30-7.30pm, East Ham

East Ham IT Youth Zone
Support in using IT for homework and fun. Mon, 4-7pm, East Ham

Family Movie Club
Sat, 4-5.30pm, Green St (up to 12yrs); Fri, 5.30-7pm, Manor Park; Sat, from 2pm, Plaistow; from Sat 24 Sept, 2-4pm, Jeyes C.C; Sat, 5.30-7.30pm, East Ham

Board Games Club (7-13yrs)
Weds, 6-7.30pm, Manor Park; Sat, 11am-12pm, North Woolwich; Fri, 5.30pm-6.30pm, Beckton

Young People's Positive Activities (9-19yrs) Weds, Fri, 7-9pm, Harold Road Centre

Children's Chess Club
Club for 8 to 16 year olds. Thurs, 5-6pm, Custom House

Time-2-Craft (16yrs+)
Various handicrafts. Sat, 10am-12pm, Stratford

Homework Club
Free study support. Fri, 4-5.30pm, Beckton; Fri, 4-6pm, Canning Town; Fri, 4-5pm, East Ham; Sat, 2-3.30pm, Manor Park; Mon, 3.30-4.30pm, North Woolwich; Mon, 4-6pm, Sat 1-3pm, Stratford; Sat, 10.30am-12.30pm, The Gate

Film Club (16yrs+)
Thurs, 1-3.30pm, North Woolwich; final Friday of month, 6-9pm, Stratford

Children's Movie Club (5yrs+) Thurs, 4-7pm, North Woolwich; Sat, 4-6pm, Manor Park; Tues, Sat, 4.30-6.30pm, Beckton

East Ham Performing Arts
Fri, 6.30-7:30pm, East Ham

Crafty Challenges
Fri, 5.30-6.15pm, East Ham

ACTIVITIES AND SUPPORT

Afternoon Tea
Weds, 4-5.30pm, Canning Town

Chess Club
Tues, 3.45-5.15pm, Beckton; Mon, 5.30-7.30pm, and Thurs, 5.30-7.30pm, East Ham; Weds, 5.30-7.30pm, Green St; Thurs, 5.30-7.30pm, Stratford; Tues, 5.30-7.30pm, The Gate; Thurs, 5-7pm, Custom House; Weds 14 Sept, 3.30-5pm, Plaistow; From Weds 21 Sept, 3.30-5pm, Jeyes C.C.

Coffee Mornings
Tues 11.30-1pm, Beckton; Mon, 11am-12.30pm, North Woolwich; Thurs, 10.45-12pm, Canning Town; Tues, 11-12.30pm, Custom House; Tues, 13 Sept, 10.30-12pm, Manor Park; Weds 14 Sept, 10-12pm, East Ham; Tues 20 Sept, 10.30-12pm, Chargeable Lane, E13

Do It Online (18yrs+)
Computer classes. Weds, 2-3.30pm, Beckton; Tues, 10am-12noon, East Ham; Weds, 2-4pm, Stratford; Tues, 2-3.30pm, North Woolwich; Thurs, 1.45-2.45pm, Custom House; Tues, Thurs, 11am-1pm, Green St

Knit & Natter (16yrs+)
Fri, 10.45am-12pm. Canning Town; Weds, 10.30am-12pm, Beckton; Tues, 10.30am-12.30pm, Manor Park; Fri, 10am-12pm, East Ham; Fri 16 Sept, 10am-12pm, Plaistow; Weds, 10.30am-12.30pm, Green St; Fri 23 Sept, 10am-12pm, London Rd, E13

ICT Surgery IT advice for all ages. Fri, 2-4pm, Canning Town

ICT Drop-in Session
Set up a My Newham profile and create an email account. Fri, 11-1pm, The Gate; Mon, Weds, Sat, 9.30-11am, Stratford

Deafroots Deaf Club
Quizzes and refreshments. New members £2, existing members £1. Contact angel@deafroots.org.uk or text 07985 242778. Mon, 1.30-3.30pm, Stratford

Life in the UK Classes
Support for people taking the life in the UK test. Call 0208 542 3904. Tues, 10am-12pm, Beckton; Weds, 12.30-2.30pm, Plaistow; Fri, 12.30- 2.30pm, Green St; Weds, 10am-12pm, East Ham; Tues, 12-2pm, Stratford

ESOL for Beginners
For adult learners seeking to improve their English. Thurs, 9.30am-2pm, Katherine Road C.C; Tues, 9.30am-12pm, Fri, 9.30am-12.30pm, Jack Cornwell C.C; Mon, Weds, 9.30am-3pm, Beckton C.C.

Ballroom Dancing (18yrs+) Tues, 2-3pm, Beckton C.C; Thurs, 2.30-4pm, Field C.C

Citizens Advice Sessions
Sessions on money management. Mon, 11am-1pm, Manor Park

Introduction to Newham Online Course Sat, 11am-12.30pm, Manor Park

Basic Computer Skills Fri, 10.30am-12.30pm, Manor Park

My Newham Workshop
Register with My Newham and access council services. Tues, 6-7.30pm, Manor Park

English Conversation Club Practise spoken English. Tues, 10.30-11.30am, Beckton; Mon, 6-7.30pm, Weds, 10.30-11.30am, Manor Park; Thurs, 3-4pm. Rabbits Rd Institute; Weds, 10.30am-11.30am, Beckton Globe; Sat, 10am-12pm, Stratford; Mon, 10-11am, Plaistow; Mon 19 Sept, 10-11am, Jeyes C.C.

Stratford London Toastmasters Public speaking club. First and third Mon of month, 6-8pm, Stratford

Docklands Drop-In Group
Weds, 1-3pm, Beckton C.C.

Get Connected
Bring your own device. Weds, 1-2pm, Green St

Model Train Workshop
Mon, 12.30-3.30pm, North Woolwich

Basic English for Beginners Mon, Weds and Thurs, 10.30-11.30am, Green St

Poetry Group (16+)
Weds, 11am-1pm, Stratford. Email sonesquin@hotmail.com

Workplace Drop-Ins
For residents seeking employment. Weds, 21 Sept, 2-4pm, Stratford; Thurs, 22 Sept, 1-4pm, Green St

Creative Writing Course (16yrs+) Register at 020 8257 4680. Fee applies. Sun, 2-4pm, Stratford

International Lunch Club
£3 per meal. Mon, 12pm, Beckton C.C

Dominoes
Sat, 2.30-7pm, Beckton

Singing for the Brain
For people with dementia. 12.30-2.30pm, second and fourth Tues of month, Stratford

Together We Can
For adults under 50 who have had a stroke. Fri, 16 Sept, 2-4pm, Plaistow

Memory Lane Café
For people with dementia and their carers. 1.30-3.30pm, first Fri of month, Stratford; Last Thurs of month, 1-3pm, East Ham

Family Support Drop-In
Fri, 1-2.30pm, Stratford

IROKO Friendly Circle
African drumming and dance. Sun, 11 Sept, 2-4pm, Stratford

National Careers Service
Advice on careers and qualifications. Call 07415 241941. First and third Thurs of month, Stratford

Knitting Course (16yrs+)
Register at 020 8257 4680. Fee applies. Mon, 12-2pm, Stratford

Dressmaking Course Beginners (16yrs+)
Register at 020 8257 4680. Fee applies. Mon, 10am-12pm, Stratford

Embroidery Group
Create a community embroidered hanging. Thurs, 10.30am-12.30pm, Manor Park

Embroidery Course (16yrs+) Register at 020 8257 4680. Fee applies. Tues, 1-3pm, Stratford

Hatha Yoga (18yrs+)
Bring your own mat. £3. Fri, 10.45am-12.15pm, Jack Cornwell C.C

Active Minds Café
Activities, advice and guidance to support mental wellbeing in Newham. Thurs, 15 Sept, 12-2pm, Stratford

Elevated Aspirations Open Mic
Perform or watch others. Second and last Fri of month, 6-7.45pm, The Gate

COMMUNITY ACTIVITIES

Mums2be Meetup
Information and support for expectant parents. Third Sat of every month, 10-11am. Email newham@nct.org.uk

Mums, Bumps and Babies
Fri in various cafes around Newham. Visit www.netmums.com or email jojostevie@live.com

Senior Volunteer Police Cadets (13-17 yrs) Weds, 6.30-9pm, Little Ilford School, Browning Rd, E12, £2.50. Thurs, 6.30-9pm, Eastlea Community School, Exning Rd, E16, £2.50. Call 07500 881378

Newham Super Choir
Tues, 10.30-12pm, Beckton C.C

ManorFam
Brings families together to make friends. Mon, 10.30-12.30pm, Manor Park

Singing for Health
Tues, 2pm. Starts 6 Sept, Jack Cornwell C. C

BOXING AND SELF DEFENCE

Boxing (Newham College)
Mon, 5-6pm, East Ham College, High St South, E6

Fight For Peace Boxing
Mon to Fri, 4-5pm 10-14yrs; Mon to Fri, 5-9pm, 14+yrs Woodman St, North Woolwich, E16. Call 020 7474 0054

Boxing and Self Defence (16+) Tues, 5-6pm, Jack Cornwell C.C

Street Self Defence
12 week course. Weds, 6.45-8pm, Altmore Infants School, Altmore Ave, E6 2BX. Call 07484 326853 for more details

West Ham Boys ABC
Mon, Weds, Fri, mixed (8-16yrs), 5-6pm, Sat, boys (6-11yrs), 10-11am, girls (7-16yrs), 11am-12pm, £2. 2 London Rd, E13. Call 020 8472 3614

Martial Arts (7-12yrs)
£2. Tues, 6.45-7.45pm, Thurs 4.45-5.45pm, Beckton

HEALTH AND FITNESS

Salsa Dancing (18yrs+)
Mon, 3.15-4.45pm, Beckton C.C; Tues, 11.45am-12.45pm, Field C.C

Nordic Walking Weds, 9.15-10.30am. Meet at Field C.C. Not suitable for wheelchairs.

Tai Chi Class
Fri, 10-11am, Beckton C.C. Fri, 11am-12pm, The Gate. Fri, 5-6pm, Beckton Globe; Fri, 11am-12pm, Forest Gate; Thurs, 6-7pm, East Ham

Yoga
£5. Thurs, 6.30-7.30am, Grassroots; Free. Mon, 6-7.30pm, Beckton; £1. Weds, 6-7:30pm, East Ham; Mon, Tues, 6-7.30pm, Green St; Thurs, 6.15-7.45pm, The Gate; £1. Sat, 10am-12pm, Plaistow; Weds, 6-7.30pm, East Ham; Mon, Tues, 6-7.30pm, Green Street; Thurs, 6.15-7.45pm, The Gate; Sat, 10 and 17 Sept, 10-12pm, Thurs, 15 Sept, 6-7.45pm, Plaistow; Sat, 24 Sept, 10-12pm, Thurs, 22 Sept, 6-7.45pm, Jeyes C.C.

Tone-Tastic (18+yrs)
Mon, 2-3pm, Weds, 9.30-10.30am, Field C.C

Aerobics
Tues, 9.30-10.30am, Jack Cornwell C.C £2

Keep Fit to Salsa (18+)
Sat, 2.30-4pm, The Gate

Walking Group
Meet at the library. Sat, 10am-11am, Plaistow

Park Life Walks
Guided walks to local parks. Mon, 10.30am, Green St; Tues, 11.30am-12.30pm, Beckton Globe

Buggy Fit
Park walk with your buggy. Tues, 11.30-12.30pm, The Gate

Tai Chi in the Park (18yrs+)
Mon, 11am-12pm, Forest Lane Park, E7

Zumba
Free. Tues, 10.30-11.30am, Field C.C; Mon, 9.30-10.30am, £3, Fri, 9.30-10.30am, £2, Jack Cornwell C.C; Free. Fri, 12.30-1.30pm, The Hub; Tues, 5-6pm, mixed over 50s free; Thurs, 10.15-11.15am, for women, all ages £2.50, Stratford

Yoga and Meditation
Weds, 10-11.30am, Stratford

50+ ACTIVITIES

Bingo (50+yrs)
Mon, 1-2pm, Beckton C.C; Mon, 12-4pm, Jeyes C.C; Thurs, 7-9pm, Jack Cornwell C.C

ICCAN
Faith based group with cultural activities. Fri, 12-2pm, Jeyes C.C

Active Centre 50+ Group
Weds, 12-4pm, Field C.C; Mon, Weds, Fri, 1.30-4pm, Beckton C.C.

Dominoes Group
Fri, 6-10pm, Field C.C

Chair Based Yoga
Tues, 12.30-1.30pm, Manor Park

Forever Young
Enjoy community activities and make new friends. Weds, 11am-1pm, Beckton; Weds, 10.30am-12.30pm, Field C.C.

Happy Living Club
Indoor and outdoor activities. Tues, Weds, 1.30-5.30pm, Jeyes C.C

Holiday Spanish Club
Weds, 12.30-1.30pm, Manor Park

Walking Football
Email: dgheerawo@westhamunited.co.uk or call 07803 201299. Tues, 10-11am, Priory Park

Get Active, Get Healthy, and Exercises for Fitness
Thurs, 11-12pm, Jack Cornwell C.C.

Line Dancing
Weds, 12.15-1.15pm, £2.50, Well Community Centre, East Ham

Get Active, Get Healthy – Walk to the Park Mon, 10.30-11.30am, Manor Park

Backsercise
Tues, 6-7pm, The Gate

Get Active Get Healthy, Zumba/Salsa For men and women. Thurs, 10-11am, until 29 Sept, Barking Road C.C

Get Active Get Healthy, Line Dancing and Folk Dance Suitable for all levels, open to men and women. Thurs, 11am-12pm, Barking Rd C.C until 29 Sept

Community Food Growing Project
Weds, 10am-12pm, East Ham

Community Cooking Project
Six-week course. £6. Weds, 11.45am-1.15pm, East Ham

Tea and Games Weds, 1-3pm, Jack Cornwell C.C.

Zumba & Indian Dance
Fri, 12-1pm, Jeyes C.C.

Chair Based Exercises
Numbers are limited. Weds, 10.45-11.45am, Community Rd Centre, Stratford

Pilates Class
Tues, 9.30-10.30am, Field C.C

Drop-In Embroidery Class
Mon, 11am-1pm, East Ham

Taste of Fitness
Thurs, 6-7:30pm, East Ham

GREEN

Green Gym Weds, 10am-1pm, and last Sat of month, meet at Visitor Centre in East Ham Nature Reserve, Norman Rd, E6. Call 07845 973156

Green Volunteering Tues and Thurs, 10am-2pm Silvertown Wy, E16 (opp. Hallsville Rd)

Garden Club
Tues, 1-3pm, Thurs, 4-7pm, Sat, 10am-4pm, Abbey Gdns, Bakers Row, E15

Gardening Thymes
Gardening Club Fri, 11am-1pm, Bowling Green,Central Park, High St South, E6

Grow Together Be Together Community Gardening Club Weds, 10am-1pm. Sat, 1pm-3pm, Flanders Field, Melbourne Rd entrance, E6. Call 020 8586 7070

Caravanserai Garden Volunteering Thurs and Sat, 11am-3pm, Silvertown Wy, E16. For information call 07773 863384

Community Gardening Tues, 11.30am-2.30pm, St John's Green Community Garden

DOORSTEP CLUBS

Call 0300 124 0123. unless otherwise stated.

Athletics Club (14yrs+)
A multi-sport session focusing on athletics, football and the gym. Tues, 6-7pm, Newham Leisure Centre, E13. Call 07718 394756

Gym & Basketball (14yrs+)
Tues, 6-10pm, £2, Rokeby School, Barking Rd, E16

FEMALE SPORTS

Basketball Sessions
Tues, 4-5pm, Chobham Academy, 40 Cheering Ln, E20

Female Boxfit (14yrs+)
Mon, 4.15-5.15pm, Balaam Leisure Centre, E13. Call 07970 783526

Girls Group Cycling (11-15 yrs)
Tues and Thurs, 5-5.30pm, Newham Leisure Centre, E13

Modern Arnis Martial Arts (16yrs+) Tues, 5-6pm. Call 07473 030250. Jack Cornwell C.C

Female Only Gym Sessions
Mon, 3-4pm, 16-25yrs. Mon and Weds, 7.30-10.30pm. Tues and Thurs, 12noon-1.30pm. Sun, 3-5pm, 11-15yrs, Newham Leisure Centre, E13. £4.65

Get Back into Netball Tues, 6-7.30pm, juniors; 7.30-9pm, seniors. £2. Lister Community School, E13. Call 07717 281529

Abs Blast (11-15yrs)
Thurs, 5.30-6.30pm, £3.10, Newham Leisure Centre, E13

Fun Female Fitness (14yrs+) Weds, 5-6pm, Newham College, East Ham Campus, E6 6ER. Email: sports@newham.ac.uk

Netball (14yrs+)
Mon, 5-6pm, Newham College, East Ham Campus, E6 6ER. £1 for non-Newham College students. Email: sports@newham.ac.uk

Female Only Zumba
Tues, 6-7pm, Forest Gate Community School, Forest Ln, E7. Thurs, 6.30-9pm, The Well C.C, Vicarage Ln, E6. £1. Call 07741 292902; Thurs, 10.15-11.15am, Stratford, £2.50; Mon, Weds, 6.30-7.30pm, Asta Community Hub, 14A Camel Rd, E16 2DE. £2.50

Dare2Dance (12-16yrs)
Street dance, Fri, 3.30-5.30pm, Newham Leisure Centre, E13

SPORTS AND PHYSICAL ACTIVITIES FOR DISABLED PEOPLE

Ability Club (14-25yrs)
Multi sports for disabled young people. Weds, 5.30-6.30pm and Fri, 4.45-6pm, NewVic, E13

Swim for Families Dealing with Autism
Weds, 4-5pm, Balaam Leisure Centre, E13. Call 0300 124 0123

Family Swims
Sat, 4.30-5.30pm, Newham Otters Swimming Club, Newham Leisure Centre, E13. Call 0300 124 0123. Sun, 12.30-2pm, Family Swim, Balaam Leisure Centre, E13. £5. Call 0300 124 0123.

Get Fit for Free
Tues, 1.30-3.30pm and Fri, 10am-12pm. Gym use for people with learning disabilities. Newham Leisure Centre, E13. To book an induction call 0300 124 0123

RUNNING

Beckton Park Run
Sat, 9am, Beckton Park South, E16. Call 07718 394756 www.parkrun.org/beckton

Run England
£2 unless stated. Sun, 10am-12pm, Newham Leisure Centre, E13 (meet on track). Mon, 4-5.30pm, Newham Leisure Centre, E13 (meet on track). Mon, 5.45-6.45pm, Newham Dockside, E16 (meet at reception). Weds, 12-1pm, Newham Dockside, E16 (meet at reception). Thurs, 5.15-6.15pm, UEL Docklands Campus, E16 (meet at reception). Sat, 10-11.30am, Wanstead Flats, E12 (meet at Harrow Rd Changing Pavilion). Sat, 10-11.30am, Memorial Park, E15, £4 (meet at car park). Call 07718 394874.

East End Road Runners
Tues and Thurs, 7pm. Sun, 9am. Meet on the track. Coached sessions for all abilities. Newham Leisure Centre, E13. Call 07979 261647.

SPORTS

Cricket (14yrs+)
Tues, 6-8pm, Newham Sixth Form College, E13. Call 07476 269226

Lister Table Tennis Satellite Club (11-25yrs)
Weds, 6.30-8pm, Newham Sixth Form College, E13. £1. For information call 07888 830179

Indoor Cricket (8-16yrs)
Weds, 6-8pm, £2, Lister Community School, E13, email: michelle.daniel@activeNewham.org.uk

Black Arrows Badminton Club
Adults: Fri, 7-9pm, Juniors: Sat, 10am-12pm, £3.70, East Ham LC. Adults: Weds, 7-10pm, UEL SportsDock. Call 07932 037173

Newham and Essex Beagles Athletics Club
Mon and Weds, 6-9pm. Foundation groups (8-10yrs). Mon, 7-8pm and Weds, 6-7pm, £5. Terence McMillan Stadium, Newham Leisure Centre, E13. www.newhamandessexbeagles.co.uk

BMX (6-16yrs)
Sun, 10am-12pm, £3. Gooseley Playing Fields, St Albans Ave, E6. Call 07961 333615

Adult Tennis (16+)
Sat: 9-10am, 10-11am, 11-12pm, Central Park (tennis courts), High St South, East Ham, E6 6ET. Sun: 9-10am, 10-11am, 11-12pm, Stratford Park (tennis courts), West Ham Ln, Stratford, E15 4PT Contact: michelle.daniel@activenewham.org.uk 07741 293513

Table Tennis (14yrs)
Thurs, 4.40-6pm, Newham College, East Ham Campus, E6 6ER. Email: sports@newham.ac.uk

Volleyball with Newham College (14yrs+) *Thurs, 5.30-7pm, East Ham Leisure Centre, email: sports@newham.ac.uk*

FOOTBALL

AIR Football (16yrs+)
Tues, 1-3pm, Fri, 10am-12pm, Memorial Park, Memorial Ave, E15. Fri, 3-5pm, Beckton Powerleague, E6. Visit www.airfootball.co.uk

Football and Athletics
Thurs, 4-5.30pm, Britannia Village, 65 Evelyn Rd, E16

Football & Multi Sports
Mon, 4-5.30pm, Newham Leisure Centre, E13. Weds, 5-6pm, Stratford MUGA, West Ham Ln, E15

Mayor's Football League
U10yrs, U12yrs, Mon, 4.30-6pm, U16yrs, U18yrs, 6-7pm Newham Leisure Centre, E13

Premier League (16yrs+)
6-a-side (4 subs) Weds, 7-10pm, Newham Leisure Centre, E13

WHU Kicks
Mon, Tues, Fri, 4-7pm, WHUCST, Beckton 3G, 60A Albatross Cl, E6. Thurs, 6.30-7.30pm, Little Ilford Learning Zone, 1 Rectory Rd, E12. Thurs, 6.30-7.30pm, Stratford Park MUGA, West Ham Ln, E15. Sat, 10.30am-12pm, Newham Leisure Centre, E13

Ascension Football
Sat, 10-11.30am, £3. Reception to 11yrs. King George V Park, King George Ave, E16. Call 07806 584925

BASKETBALL

Basketball & Multi Sports
Fri, 5-6.30pm, 8-19yrs, Snowshill MUGA, Snowshill Rd, E12

Basketball Sessions
Thurs, 5.30-6.30pm, Little Ilford Learning Zone, 1 Rectory Rd, E12

National League
Mon, 6-8pm, U13/14yrs, Tues, 6-8pm, U15/16yrs, Rokeby School, E16. Thurs, 4.30-6pm, U13/14yrs boys, U14yrs girls; 6-8pm, U16yrs, Newham Leisure Centre, E13, 6-8pm, U18yrs, Cumberland School, E13

NCFE Sports – Basketball
Thurs, 5-7pm, East Ham Leisure Centre. To register email: sports@newham.ac.uk or call 020 8257 4255

Senior Programme
Mon, 7.30-9.30pm, Division 2 women and division 3/4 men. Rokeby School, E16. Call 07947 401616

Basketball (14yrs+)
Tues, 5.30-6.30pm, Forest Gate Community School, E7 9BB. Email: sports@newham.ac.uk

COMMITTEE MEETINGS

Meetings take place at Newham Town Hall, Barking Road, E6, unless otherwise stated.

Tues, 13 Sept, 3pm, *Newham Partnership – Employment and Enterprise*

Tues, 13 Sept, 7pm, *Strategic Development Committee, Old Town Hall, Stratford*

Thurs, 14 Sept, 7pm, *Audit Board*

Mon, 19 Sept, 7pm, Council

Weds, 21 Sept, 7.30pm, *Governors Forum*

Thurs, 22 Sept, 9am, *Mayoral Proceedings*

CONTACT THE MAYOR

Here to Help sessions
Please register 30 minutes before session starts.

Tues, 20 Sept, 5pm, *The Gate, 4-20 Woodgrange Road, Forest Gate, E7 0QH*

Telephone surgery
Weds, 14 Sept.
Please call 020 8430 2000 between 10am and 11am

CONTACT DETAILS

LIBRARIES & COMMUNITY NEIGHBOURHOODS

Beckton Globe *1 Kingsford Wy, E6*
Canning Town *Barking Rd, E16*
Custom House *Prince Regent Ln, E16*
East Ham *328 Barking Rd, E6*
Green Street *337-341 Green St, E13*
The Gate *6-8 Woodgrange Rd, E7*
Manor Park *685-691 Romford Rd, E12*
North Woolwich *5 Pier Parade, E16*
Plaistow *North St, E13*
Stratford *3 The Grove, E15*
Archives and Local Studies *020 3373 6881*
Community Outreach *020 337 30813*
Church of God *37 Manor Park Road, E12, 020 8911 9494*
The International Quarter Marketing Suite *Celebration Avenue, E20 1DB*

LEISURE & SPORTS VENUES

Atherton Leisure Centre *189 Romford Rd, E15*
Balaam Leisure Centre *14 Balaam St, E13*
East Ham Leisure Centre *324 Barking Rd, E6*
Newham Leisure Centre *281 Prince Regent Ln, E13*
NewVic *Prince Regent Ln, E13*
UEL SportsDock *Docklands Campus, University Wy, E16*

COMMUNITY CENTRES (C.C)

Beckton Community Centre *14 Manor Wy, E6, 020 7511 1214*
East Ham Market Hall *Myrtle Rd, E6 1HY, 01708 740 092*
Field Community Centre *147 Station Rd, E7 020 8536 2800*
Grassroots Centre *Memorial Park, Memorial Ave, E15, 020 3373 0650*
The Hub *123 Star Ln, E16 020 3373 0750*
Jack Cornwell Community Centre *Jack Cornwell St, E12 020 8553 3459*
Jeyes Community Centre *1 James Cl, E13, 020 3373 2205*
Katherine Rd Community Centre *254 Katherine Rd, E7, 020 8548 9825*
St Mark's Community Centre *218 Tollgate Rd, E6, 020 7474 1687*
Vicarage Ln Community Centre *Govier Cl, E15, 020 8519 0235*
Harold Rd Centre *170 Harold Road, E13 0SE, 020 8472 2805*
Queens Market *Green St,E13*
Rabbits Rd Institute *835 Romford Rd, London E12 5JY*
Royal Docks Learning Activity Centre *Albert Rd, North Woolwich, E16 2JB*
St John's Green Community Garden *Albert Rd, North Woolwich E16 2JB*
St Bartholomew's Church & Centre, *292b Barking Road, E6 3BA*
London Road, *1 London Road, E13 0AT*
The Community Resource Centre, *200 Chargeable Lane, E13 8DW 020 3373 2697*

All listings may be subject to change. Please contact individual events and activities before attending.

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